



BACK TO SCHOOL FEARS

DISTRIBUTE TO YOUR
PARENTS AND EDUCATORS
GRADES K-12

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MY TUMMY HURTS AND I AM NOT GOING TO SCHOOL

*Common for
Grades K-12*

We hear that universal complaint from Kindergarten through grade 12. In the younger years they are afraid to leave their parents, the unknown and actually fear of other kids. Now the last trend is true no matter their age.

Five to eight year olds fear animals, monsters, personal danger, divorce of parents, criticism, new situations, boogie man and the doctor. Middle school students also fear danger, war, kidnapping, being alone, heights, parental divorce, injections, drugs, school violence and a few still fear animals. High school students fear many of the same including crowds, gossip, being alone and injury.

Fear can be self destructive whether they are valid or not. As a parent, respect their fears. Talk, investigate, be supportive. Some fears need to work themselves out but others require parental intervention.

Believe it Mom and Dad, it is true. So who is more ready for school, the child or you? As school doors open in August and September, this is the question that will go through the minds of over a million parents.

They will learn literacy skills, social skills, build self-esteem and develop peer relationship. They will color in the lines, they will make the macaroni necklace, they will write their names, they will begin their mark toward being who they are.

Talk with them, listen to them. The transition can be smooth or rough but you as the parent can help. Honestly, it may help you whether it is the first one going to school or the last one in the family. Both are emotional times.

A host of children stories could bring you and your child together to discuss the school experience and help the transition.

“Robert and the Back to School Special”

“Back to School with Franklin”

“I Don't Want to Go Back to School”

I CAN'T BELIEVE SHE DANCED ON MY FEET YESTERDAY AND KINDERGARTEN TODAY !



RIDE THE DIFFERENT BUS

It's the Parent Bus of stay close but don't follow but be there incase bus. We put on our seatbelts for a bumpy ride with numerous doors.



It is high school now. Yes they still need you and want you around but hidden. High school is a rite of passage to adulthood. Their freshman year is scary. Social and emotional levels will play a huge part in their academics. They loose connection with their friends, everyone is jumbled up and their world is gone. High school is more competitive in all aspects from the books to the gym. They want you there but on a different bus looking in. For heaven's sake, don't let anyone know as they will be embarrassed. Like the chaperone hidden behind the bus door, you know, under the seat out of sight. Have you felt that as a parent yet? If not wait, you will.

By tenth grade it is the passage of driving, the proms, and sports practice. By eleventh grade, the job, car insurance, he said/she said and then the senior year—the biggie. What have I done these last four

years? Where am I going? What do I have to do to get there? You mean I went to school, studied for tests, skipped a class or two, learned that geometry problem I thought I would NEVER in a million years conquer, during this time too! WOW!!!!

Remember this is where all your parenting skills are tested. It began the day they were born, progressed through toddler, elementary, middle school and will continue into high school. Let them be an individual and express themselves with clothing and music. But as a parent and your beliefs that you want to instill, be there in guidance also. Granted there are rules all parents set in their homes, curfews times, responsibilities and the tools to become an adult. Parents take note:

- ◇ Communicate with the kids and school
- ◇ Check for a ninth grade transition program. More and more schools are developing this type of program to address the student needs.
- ◇ Talk with school counselors about scholarship requirements EARLY before their senior year
- ◇ Talk and get to know their teacher
- ◇ Find out the unique programs your school offers
- ◇ Learn the school policies and rules
- ◇ Our goal is to keep them in school. Don't let them be a drop-out statistic.

**It's Halloween all year
here, people dressing
up to be somebody
their not.**

They are reaching middle school now and so many times as parents/educators we thrust them into adulthood.

Parents, this is when they need us the most. Jan Stocklinski of the Yale Child Student Center says, "The decrease in parent involvement is a mistake. While you want to help your child prepare for the challenge, you also want to push him to be able to negotiate for himself."

As young adults they are starting the more serious, "I like this boy/girl" and peer acceptance is so important to where it can take a priority over school.

Don't Back Away

Middle school is not a protective environment like their elementary setting. They have to remember everything from their schedules, management of assignments to organization of their backpack.

The building is larger, there are more people, they are in fear!



Get to know their teachers. Pester or find a way to keep in touch with their activities. Keep the flow of communication OPEN. Use the open-ended question to avoid the yes-no response or the common "nothing". Oh and the main thing—BE SINCERE. They can tell when you go through the motions.